

# WOW News



## Body in Motion

### Shape-UP or else!

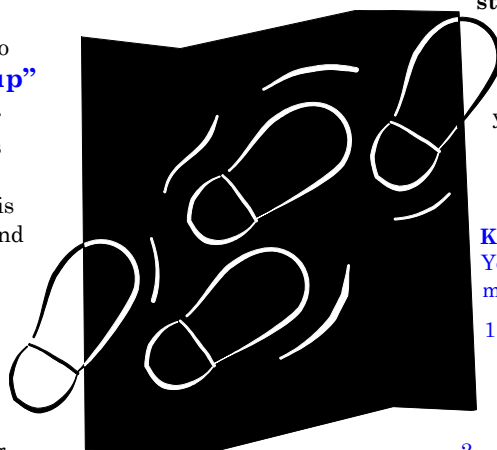
Do you remember your parents or other adult authority figures saying this? Not because you were in trouble, but in a positive sense.

WOW was created to help you **“shape-up” for fitness**. **Fitness** refers to one’s quality of physical health, and **health** is soundness of body and mind, and freedom from disease.

WOW’s goal is to provide educational tools to all employees for optimal well-being. By **Working On Wellness** we each can do our part in making *Michigan a “state of good health”*.

**10,000 Steps A Day** can help you get started.

Often we think we walk a lot in a day, and yet we can be shocked after keeping track of



our walking, how little or how much we actually do walk.

Logging our steps by using a pedometer gives us a truer picture.

A **pedometer** is a palm-sized gadget that clips onto your waistband and instantly **records the number of steps you take**. It is NOT 100% accurate; but it will give you a close count on your daily steps.

### KEEP IT SIMPLE!

You only need to measure your steps.

1. You can purchase a pedometer at most sporting goods stores.
2. A basic pedometer costs between \$10 - \$20.



## Using a Pedometer

Wear your pedometer for 5 days, and log your steps at the end of each day.

Figure your **“average” number of steps** for the 5 days. This is your baseline. Increase this base-

line number by 50-100 steps daily, and walk this for a month. Record daily your steps. At the end of the month, again figure your “average” steps.

Add 50-100 steps or whatever number you feel you can do daily.

### Ways to get in more steps

- Walk rather than using the phone.
- Take the stairs.
- Park farther away.
- Get a walking Buddy & **WOW**

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### There's More.....

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## Keep Nutrition Simple—5 A Day

### 5 A Day Health Tips

- Start your day with 100% fruit or vegetable juice.
- Have fruit with breakfast.
- Use 100% fruit or vegetable juice in place of pop.
- Have a salad with lunch.
- Snack on fruits and vegetables.
- After exercise replenish vitamins and nutrients with 100% fruit or vegetable juices.

**Eating 5 or more fruits and vegetables daily** helps to keep us healthy and reduces our risks of heart disease, hypertension, and certain cancers.



## Cope-UP: Stress-Down

Our health is both mental and physical. **A balance between the two** is required in order to say that we have “good health”.

To help balance mental health in our life, try these “**tension reducers**”:

- Learn to say “NO”!
- Do one thing at a time.



- Plan ahead; don't put it off.
- Make a list and cross off when completed.
- Get a good night's sleep.

- Talk to a friend.
- Go for a brisk walk.
- Set things out the night before.
- Make copies of all your keys. Place where you can find.
- Relax your expectations.
- Make your break exercise time.

## Be a “Self-Changer”

The **POWER** to make **changes** in our lives lies within us.

“Life itself is change. Each moment is different from every other. Few changes are in our control: watching the war in Iraq; personal tragedies, we feel so limited



in what we can do; a rainy vacation. Time passes and we have no say.”...James O. Prochaska, PhD.

Although we cannot change all things in our lives, we can work to improve our thoughts, feelings, and behavior.

*Lifestyle is in our power to change.*

\*\*\*\*\*

## I Care: Self-Help

**WARM-UP tips** to reduce your chance of injury:

- Walk slowly for 5 minutes.
- Limber up by stretching.
- **Wall Push**—Stand 11/2 feet from a wall. Lean forward and place your hands on the wall, keeping your heels flat on the floor. Hold for 10 seconds, and relax. Repeat 1-2 times.
- **Palm Touch**—Bend your knees slightly. Bend from the waist and

try to touch your feet. Do not bounce. Hold for 10 seconds. Relax. Repeat 1-2 times.

\*\*\* If you have low back problems,

do the same thing, yet cross your legs.



- **Toe Touch**—Place your right leg on a chair or railing. Keep your left leg straight and lean forward.

Try to touch your right foot. Do not bounce. Hold for 10 seconds. Change legs and repeat the stretch 1-2 times.

*If you have a sedentary lifestyle, are overweight, and/or are under care or at high risk for heart disease or other chronic health issues, **SEE YOUR DOCTOR** before beginning an exercise program.*

*American Heart Association 2001: "Walking for a Healthy Heart"*

## Assessing My Health Needs

*It is as simple as this: eating healthy and being physically active is GOOD for you.*

### Living Smart Quiz:

[Click here](#)



## Yummy Recipe

### FRESH & CHUNKY SALSA

- 2 cups chopped tomatoes
- 1/2 cup chopped green or yellow peppers
- 2 green onions, sliced
- 2 tbsp snipped fresh cilantro or parsley
- 1 tbsp white wine vinegar
- 1/2 tsp ground cumin
- 1/2 tsp minced garlic
- Few dashes red hot pepper sauce.

Stir together all ingredients. Serve with tortilla chips with no added fat. May cover and refrigerate up to 1 week.



American Heart Association Quick and Easy Cookbook, 1995 @

[Delicious Decisions](#)

Calories: 15 Kcal

Protein: 1 g

Carbohydrates: 3 g

Total fat: 0 g

Saturated Fat: 0 g

Cholesterol: 0 mg

Serving size: 1/4 cup

## Personal Stories

What worked BEST for you?

You are invited to share your stories (200 words or less) about how you improved your eating and exercise habits.

With your consent, we may use your story in one of our newsletters.

All e-mailed stories will be regarded with the highest level of confidentiality.

Tell us your story  
and grant permission  
to use your story in  
WOW News.



CT—#22125 CS—#22122 as they are about to cross the finish line!

### Our Story

Have you ever dreamt of running a marathon? That was the farthest thing from our minds!

Last January upon receiving a flier regarding the Leukemia and Lymphoma Society, a friend and I listened to the stories of lives challenged with cancer. We wanted to help. Together we committed ourselves to train to WALK a marathon.

Training involved a program designed for walking 5 days a week; slowly building our bodies, and “mentally” preparing us for the 26.2 mile walk.

June 1, 2003 we WALKED the Rock ‘n’ Roll Marathon in San Diego in 7 hours and 5 minutes. It wasn’t fast or pretty, but we felt extremely proud of our achievement.

Whether we walk another marathon or not, we learned:

- ***Walking is great exercise and the personal benefits are HUGE.***
- ***We want to keep *health* a priority in our lives.***
- ***We need to develop a *balance* in life with work, family, and healthy habits.***
- ***Scheduling time to exercise 15-20 miles weekly works best.***
- ***Having walking buddies/a support system is critical for success.***
- ***One can walk anywhere and anytime. No excuses!***